

PHYSICAL EDUCATION/RECREATION

LONG BEACH CITY COLLEGE

Curriculum Guide for Academic Year 2010-2011

Associate in Arts

ALL INFORMATION CONTAINED HEREIN IS SUBJECT TO CHANGE WITHOUT NOTICE.

For possible updates to this guide please refer to the following website: <http://osca.lbcc.edu>

CAREER OPPORTUNITIES

This field of concentration is designed to provide students with the knowledge, skill, and experience to continue their education leading toward a Bachelor's degree in this major. Activities are designed to provide learning for students in the physical, cognitive, affective and recreational areas.

DEPARTMENTAL ADMISSION REQUIREMENTS

None. For more departmental information call (562) 938-4378.

Complete **EIGHTEEN (18)** units as specified from either the **TEACHING EMPHASIS** or the **NON-TEACHING EMPHASIS**:

TEACHING EMPHASIS

REQUIRED COURSES

UNITS

			IN	COMPLETED
			PROGRESS	GRADE
PEPP 1 <u>or</u>	Introduction to Physical Education <u>or</u>	2		
<u>or</u>	<u>or</u>	<u>or</u>		
PEPP 7	Introduction to Community Recreation	3		
Subtotal Units		2-3		

AND Select 15-16 units to bring total units to 18 from at least **FOUR** of the Following Categories:

NOTE: Any **activity course** designated **AD** may be taken a total of four times for credit toward unit requirements except for **PEPF 2AD**. **PEPP** professional preparation courses are highly recommended for teaching and non-teaching majors.

Professional Preparation Category

PEPF 8AD	Aerobic Circuit Training	2.5		
PEPF 83AD, 84AD	Fitness & Wellness I & II (F, SP)	2		
PEPP 5	Sports Appreciation (F)	3		
PEPP 10	Prevention & Care of Athletic Injuries (F, SP)	3		
* PEPP 15	Sports Officiating (F)	3		
* PEPP 17	Sports Officiating (SP)	3		
PEPP 19AD	Theory of Football (F)	2		
PEPP 23	First Aid & Safety Education	3		
PEPP 23M1	Child First Aid & Safety Education	1		
PEPP 71AD,72AD, <u>or</u> 73AD	Work Experience (F, SP)	2-4		

Aquatics Category

* PEG 55AD	Life Guard/Water Safety Training (F, SP, S)	4		
* PEG 75AD <u>or</u> 76AD	Swimming (F, SP, S)	.5,1		
* PEPF 3AD <u>or</u> 4AD	Water Aerobics and Training	.5,1		
PEPF 41AD <u>or</u> 42AD	Swimming Fitness	.5,1		
* PEPF 47AD <u>or</u> 48AD	Swim Fitness/Polo (F, SP)	.5,1		
* PEPP 41	Aquatics (Coed) (F, SP)	2		

Individual & Dual Activities Category

UNITS

PROGRESS GRADE

* PEA 1AD	PE for the Physically Limited	1		
# PEPF 2AD	Monitoring and Developing Sports Skills (S)	1		
* PEPP 13 <u>or</u> PEPF 5AD <u>or</u> 6AD	Dance Aerobics (F, SP, S)	1,,5,1		
* PEPP 29 <u>or</u> PEG 87AD <u>or</u> 88AD	Cross Country, Track & Field (Men) (F)	1,,5,1		
<u>or</u> PEIA 19AD <u>or</u> 19M1	Cross Country, Track & Field (Men) (SP)	3		
* PEG 19AD <u>or</u> 20AD	Bowling (Coed) (F, SP)	.5,1		
* PEG 9AD <u>or</u> 10AD	Badminton (Coed) (F, SP)	1,,5,1		
* PEPP 51 <u>or</u> PEG 31AD <u>or</u> 32AD	Golf (Coed/Women) (F, SP)	1,,5,1		
* Or PEIA 9AD <u>or</u> 9M1	Golf (Men) (SP)	3		
* PEIA 31AD <u>or</u> 31M1	Golf (Coed/Women) (F)	3		
* PEPP 53 <u>or</u> PEG 83AD <u>or</u> 84AD	Tennis (Coed) (F, SP, S)	1,,5,1		
* PEG 58AD	Intramural Activities (F, S)	1		
* PEPP 65 <u>or</u> PEIA 43AD <u>or</u> 43M1	Track & Field (Women) (SP)	1,3		
* <u>or</u> PEG 87AD <u>or</u> 88AD <u>or</u>	Track & Field (Women) (F, SP)	.5,1		
* PEIA 29AD <u>or</u> 29M1	Cross Country (Women) (F)	3		
* PEG 59AD <u>or</u> 60AD	Racquetball (Coed) (F, SP)	.5,1		

Fitness and Combatives Category

* PEG 65AD <u>or</u> 66AD	Self Defense (F, SP)	.5,1		
# PEPF 2AD	Monitoring and Developing Sport Skills (S)	1		
* PEPF 3AD <u>or</u> 4AD	Water Aerobics and Training	.5,1		
* PEPF 5AD <u>or</u> 6AD	Dance Aerobics	.5,1		
PEPF 8AD	Aerobic Circuit Training	2.5		
PEPF 10AD	Stretch and Relaxation	1		
* PEPF 21AD <u>or</u> 22AD	Physical Fitness (F, SP, S)	.5,1		
* PEPF 41AD <u>or</u> 42AD	Swim Fitness (F, SP)	.5,1		
* PEPF 47AD <u>or</u> 48AD	Swim Fitness/Polo (F, SP)	.5,1		
* PEPF 53AD <u>or</u> 54AD	Weight Training (F, SP, S)	.5,1		
* PEPF 81AD	Fitness & Wellness (F, SP, S)	1		
* PEPF 83AD <u>or</u> 84AD	Fitness & Wellness 1 & 2 (F, SP, S)	2,2		

Team Sports

# PEPF 2AD	Monitoring and Developing Sport Skills (S)	1		
* PEPP 25 <u>or</u>	Baseball (Men) (F, SP)	1		
PEG 11AD <u>or</u> 12AD <u>or</u>	Baseball (Men) (F, S)	.5,1		
PEIA 1AD <u>or</u> 1M1	Baseball (Men) (SP)	3		
* PEPP 27 <u>or</u>	Basketball (Men) (F)	1		
PEG 13AD <u>or</u> 14AD <u>or</u>	Basketball (Men) (F, SP)	.5,1,3		
PEIA 3AD <u>or</u> 3M1				
* PEPP 31 <u>or</u>	Football (Men) (SP)	1		
PEG 85AD <u>or</u> 86AD <u>or</u>	Football (Men) (F, SP)	.5,1		
PEIA 7AD <u>or</u> 7M1	Football (Men) (F)	3		
* PEPP 35 <u>or</u>	Soccer (Men) (SP)	1		
PEG 69AD <u>or</u> 70AD <u>or</u>	Soccer (Men) (F, SP)	.5,1		
PEIA 13AD <u>or</u> 13M1	Soccer (Men) (F)	3		
* PEPP 37 <u>or</u> PEIA 21AD <u>or</u>	Volleyball (Men) (SP)	1,3		
PEG 89AD <u>or</u> 90AD	Volleyball (Men) (F, SP, S)	.5,1		
* PEPP 55 <u>or</u>	Basketball (Women) (F)	1		
PEG 13AD <u>or</u> 14AD	Basketball (Women) (F, S)	.5,1		
<u>or</u> PEIA 27AD <u>or</u> 27M1	Basketball (Women) (F, SP)	1,3		
* PEG 58AD	Intramural Activities (F, SP)	1		
* PEPP 61 <u>or</u> PEIA 35AD <u>or</u>	Soccer (Women) (F)	1,3		
PEIA 35M1 <u>or</u>				
PEG 69AD <u>or</u> 70AD	Soccer (Women) (F, SP)	.5,1		
* PEPP 63 <u>or</u> PEIA 37AD <u>or</u>	Softball (Women) (SP)	1,3		
PEG 73AD <u>or</u> 74AD	Softball (Women) (F, SP)	.5,1		
* PEPP 67 <u>or</u>	Volleyball (Women) (SP)	1		
PEG 89AD <u>or</u> 90AD <u>or</u>	Volleyball (Women) (F, SP)	.5,1		
PEIA 45AD <u>or</u> 45M1	Volleyball (Women) (F)	3		

IN COMPLETED

Any of:

* PEIA 23AD, 23M1, 29AD, 31AD, 47AD	3		
* PEIA 5AD, 5M1, 9AD, 15AD, 17AD, 19AD, 39AD, 41AD, 43AD	3		

Outdoor Studies

* PEOS 5AD	Backpacking (F)	1		
* PEOS 55AD or PEOS 56AD	Nordic Skiing (SP)	.5,1		

Subtotal Units		15-16		
TOTAL UNITS		18		

LEGEND	
* Activity classes designated (AD) may be taken a total of four times for credit towards unit requirements PEPP professional preparation courses are highly recommended for both teaching and non-teaching majors.	
# May be used for credit towards only one category (Fitness, or Team Sports, or Individual Sport). (SP = Spring) (S = Summer) (F = Fall) (INF = Infrequently) = Represents general frequency of course offering	

NON-TEACHING EMPHASIS

Select *EIGHTEEN* (18) units from at least *FOUR* categories:

Courses for the following categories are the same as listed under the *TEACHING EMPHASIS*:

AQUATICS, INDIVIDUAL & DUAL ACTIVITIES, FITNESS & COMBATIVES, OUTDOOR STUDIES, PROFESSIONAL PREPARATION, TEAM SPORTS, & as a category, PEPP 1 & PEPP 7.

TOTAL UNITS.....18

For students pursuing a Bachelor of Arts Degree in Physical Education, the following courses are often required: ANATOMY 1, PHYSIOLOGY 1, and PSYCHOLOGY 1

GRADUATION REQUIREMENTS

For **ASSOCIATE IN ARTS DEGREE**:

NOTE: Effective Fall 2009, Title 5, section 55063 (a) (2) requires that students must complete each course counted toward the major or area of emphasis with a grade of "C" or better or "P" if the course is taken on a "Pass/No Pass" basis.

Complete the required units in either the Teaching Emphasis or the Non-Teaching Emphasis with a minimum cumulative grade point average of 2.0 ("C" average). In addition, complete the A.A. degree requirements specified in the Catalog. The requirements for general education/proficiency and the field of concentration need to be from the same catalog year. This catalog year may be any year between the year of initial enrollment to the present, provided continuous enrollment is maintained throughout (see the catalog for definition of "continuous enrollment"). Fifty per cent (50%) or more of the unit requirements for this field of concentration must be completed in residence (credit earned by exam, where applicable, may be included).

NOTE: To receive a degree you must submit completed application forms in the Admissions and Records Office during your final semester of course work.

* In general, "double-counting" is not allowed. That is, one course may not be used to fulfill both a field of concentration requirement and to fulfill a general education requirement. However, PE activity courses taken for this field of concentration may be double-counted to fulfill the Physical Education graduation requirement.

Students interested in transferring to a university to continue their study in this field of concentration or other majors are strongly advised to consult an LBCC academic counselor and refer to the ASSIST website (www.assist.org) for major preparation information. Counselors can clarify the different major and admissions requirements at a university. Students may visit the Student Success/Transfer Services Center to access further educational resources. If you need to set up an appointment to see a counselor or schedule the SOAR Test, call LAC (562)938-4561 or PCC (562)938-3920.